

Leisure Times

Free Recreation & Education Guide

Summer 2017

Summer Sports Camps
pg. 16-23

July 4 Celebration
pg. 4

Summer Day Camps
pg. 14-15

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**2017 CLASSROOM SCHEDULE
SUMMER**

MAY 30th to JUNE 12th

Tues-Mon, 2:45-6 pm

JUNE 23rd to JUNE 29th

Fri-Thurs, 9 am-3:45 pm

JULY 10th to JULY 21st

Mon-Fri, 1 pm-4:15 pm

AUGUST 21st to AUGUST 25th

Mon-Fri, 9 am-3:45 pm

SEPTEMBER 18th to

SEPTEMBER 29th

Mon-Fri, 2:45 pm-6 pm

Summer 2017

Amherst Leisure Services & Supplemental Education

Address: 170 Chestnut Street, Suite 1, Amherst, MA 01002

Phone: (413) 259-3065 **Fax:** (413) 259-2407

Email: lsse@amherstma.gov **Website:** www.lsse.org

Hours: M-F 8:00 a.m. - 4:30 p.m.

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Special Thanks

A special thanks to the Amherst-Pelham Regional School District and to the excellent school department staff for their cooperation, which allows us to provide numerous activities in school facilities. We would also like to thank the staff at the Bangs Community Center, the Department of Public Works, and the Munson Library Trustees for their assistance and support.

LSSE Commission

Jon Foster, Chair
Jim Brissette
Nate Budington
Becky Demling
Sarah Marshall
Meg Rosa

Cover photo by Tom Pitta

Our Staff:

GENERAL INFORMATION:

Registration	259-3065
Cancellation Line	259-3066

ADMINISTRATIVE STAFF:

Interim Director	Barbara Bilz.....	bilzb@amherstma.gov	259-3138
Operations Manager.....	Donna Roy	royd@amherstma.gov	259-3285
Registrar	Pat Desmarais.....	desmaraisp@amherstma.gov	259-3254

PROGRAMMING STAFF:

Afterschool, Day Camps, Ski Program			
Boltwood Project, Special Needs	Stacey Lecuire	lecuivrea@amherstma.gov	259-3191
Afterschool Site Coordinator.....	Grace Marczuk	marczukg@amherstma.gov	259-3177
Development, Cherry Hill Golf Course			
Aquatics	Barbara Bilz.....	bilzb@amherstma.gov	259-3138
Adult Sports, Youth Sports,			
Sports Camps.....	Chris Johnson	johnsonc@amherstma.gov	259-3144
Youth and Adult Ed.....	Anne Knauf.....	knaufa@amherstma.gov.....	259-3230



Tuesday, July 4th, 2017



An evening of family activities!

- 6:00-7:30: Candy and Toy Hay Hunt/
Old Fashioned Field Races/Face
Painting**
7:00-7:45: Hoopoe the Clown
**8:00-8:30: Pie Eating Contest/
Corn Husking**
8:15-9:30: Amherst Community Band
9:30: Fireworks

Parking \$5.00 @ UMASS

**Starts at 6PM at the UMASS fields
behind Alumni Football Stadium!**

Food, music and live entertainment.

Fireworks begin @ 9:30!



www.lsse.org

PrimeTime After School Program at Crocker Farm Elementary School



Program Start Date: Aug. 30
Sept. 5 for kindergarteners

- * Enrichment Programs
- * Homework Help
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Sliding Scale Fee Subsidy Available!
(Please contact us early funds are limited)

Mondays, Tuesdays, Wednesdays,
Thursdays, Fridays- 3:15-5:30
Full-time (5 days a week)

Pavilion Rentals!



2 Great Locations!

* Mill River Recreation Area

* Groff Park Pavilion

April - October

Rentals available 7 days a week,
including Holidays!

Tables also included in rental.

Call LSSE for more details (413) 259-3065

Youth Sports



735401 Youth Cross Country Running Clinics

Ages 6-13

Experience the joy of distance running with Sydney Henthorn Amherst Middle School Cross Country and Youth Track Coach. Learn exercises to improve your speed, endurance and strength. Cross country is a fun one-and-a-half mile run over fields and trails. If you have questions regarding this clinic, please call Chris Johnson at 413-259-3144 or email johnsonc@amherstma.gov.

Wed., Jul. 12-Aug. 16, 6:00-7:00 p.m., Mill River Rec. Area, \$39

725103 Sugarloaf Youth Track League **Ages 6-14**

Boys and girls of all abilities will be placed on a team and can compete in both relay and individual events. Parents, brothers, sisters and friends are invited to bring a picnic dinner and cheer on their favorite team. Non-team member children 2-14 yrs. will be able to enter an open 100-meter dash each night. There will be an organizational meeting to group teams, meet coaches and run an informal series of practice races May 25. Please note: we may reach the maximum number of participants before that and will close entries when that number is reached. *Last meet is award night. Makeup dates are June 27 & 30.

Thur., 5/25, 6/1, & Fri., 6/9, 6/16, 6/23, 6/30, 5:00-7:00 p.m., Amherst Regional High School Track, \$49

Register Early

Programs that do not reach their minimum enrollment will be cancelled one week prior to the start of the program.

HAMPSHIRE GYMNASTICS SUMMER MORNING PROGRAM

Fun for Girls & Boys 4-10 years old
Monday-Friday 9 am-1 pm (early drop off available)
(4) 2 week sessions starting July 3rd



Drop your kids off for a morning of non-stop fun! Our program includes gymnastics instruction, games, outside activities, arts and crafts, and slip-n-slide! They will love our trampolines, air pit, balance beams, rings and rock wall! Price range \$365-\$400. Call our office or go online for more information.



461 West Street Amherst, MA 01002
(413) 256-6990
www.hampshiregymnastics.com



Youth Sports



Photo by Sean Werle

746110 Suburban Amateur Football League

Ages 8-14

The fun and excitement of youth football continues this fall in the Suburban Amateur Football League (SAFL) of Western Massachusetts, the 48th season of safe instruction for the Valley's youth in football. **Everybody Plays.** Children from 8 years of age to those who turn 15 after January 1, 2017 are eligible. Player weight does not prevent participation but position restrictions may apply for safety reasons. Teams compete in three divisions based on age and grade.

Pee Wee	3rd & 4th grades	ages 8-10
Junior	5th & 6th grades	ages 10-12
Senior	7th & 8th grades	ages 12-14

Registration deadline is July 21. Practices start Tuesday, August 1 with equipment distributed to registered players Monday, July 31 from 5-7 p.m. at Groff Park. Practices will be Mon-Thurs from 5:30-7:30 p.m. during the month of August. Once school starts, practices are 5-7 p.m. on Tuesdays, Wednesdays, and 10 a.m.-12 noon on Saturdays. All practices are at Groff Park. For more information please call Chris Johnson at 413-259-3144 or email johnsonc@amherstma.gov.

\$209 by July 21 (\$20 late fee beginning July 24). **Games and practices may change due to EEE.**

Register Early

Programs that do not reach their minimum enrollment will be cancelled one week prior to the start of the program.

735301 Junior-Summer Ultimate League of Amherst Boys and Girls Ages 7-13

Are you ready for the Ultimate experience? If the answer is yes, plan on joining us for another exciting summer of Ultimate Frisbee. This fun league is geared for people who want to enjoy the thrill and excitement of Ultimate Frisbee. Never played before? No problem, all levels of ability are welcome to join! All players will be assigned a team. If you have questions regarding this program, please call Scott Hartl at 413-320-3928 or email shartl@elschools.org. Once registered through LSSE, players must also sign up at www.suladisc.org for team placement.

Tues., Jun. 27-Aug. 8, 6:00 p.m., Plum Brook Rec Area, \$39

Early bird special: \$34 by May 26

Late fee: \$10 after June 9

Session A Frisbee Activities for Kids

Ages 7-8

Session B Elementary Division

Ages 9-11

Session C Middle School Division

Ages 12-13

**SUMMER
ROCK CLIMBING**

VACATION PROGRAM

OFFERED WEEKLY STARTING
JUNE 26 THRU AUG 21

9AM - 2PM AGES 7-13

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413-584-7625



(413) 259-3065

Week-Long Summer Programs



732153 Broadway Sings

Ages 12-16

David Ranen

This week-long class meets for four hours a morning to explore the world of Broadway songs. Students will sing songs from a variety of shows and time periods and learn proper vocal technique and vocal care. When possible, students will watch video clips of shows to analyze what the performers are doing. At the last class, students will perform songs they have prepared. Students should come prepared to sing, move, and just have fun with Broadway songs! There is a \$10 materials fee is due to the instructor at the first class.

Mon.-Fri., Jul. 24-28, 9:00 a.m.-1:00 p.m., Middle School, \$114

732193 “Fantabulous” Fairy Tales

Ages 5-8

Becca Greene-Van Horn

(Grades K-2)

Wicked Witches, Magical Genies, Fairy Godmothers, Scary Beasts and Wily Wizards are just some of the wonderful characters children will have a chance to inhabit in this creative drama approach to fairy tales. In addition to acting out the stories, children will hone their creative and imaginative skills and build confidence through drama games, improvisation and role play. They will have a chance to explore different parts of themselves through the roles they are playing, be it Cinderella, Aladdin, Belle or Peter Pan. They will make masks and puppets of their favorite characters. On the last day, we will invite the parents for an informal demonstration. There is an \$8 materials fee is due to the instructor at the first class.

Mon.-Fri., Jun. 26-30, 9:30 a.m.-12:30 p.m., Fort River School, \$169

732119 Gods, Goddesses, and Percy Jackson

Becca Greene-Van Horn **Ages 8-11 (Grades 3-5)**

Come join us on Mt. Olympus as we “try on” the characters of those fun and fascinating Greek Gods. What would it be like to be Zeus, Hera, Hades, Athena, Poseidon or Aphrodite? What about Hercules, Perseus and Prometheus? We will also explore the characters of the Percy Jackson novels, integrating ancient and modern. Through drama games, improvisation, scene work, storytelling and monologues, participants will learn about and explore the mythical world of heroes, gods, goddesses and beasts. Class also includes art activities. Taught by Becca Greene-Van Horn, experienced drama teacher and former professional actress. Informal demo/performance at the last class. There is an \$8 materials fee due to the instructor at the first class.

Mon.-Fri., Jul. 10-14, 9:30 a.m.-12:30 p.m., Fort River School, \$169



Register Early

Programs that do not reach their minimum enrollment will be cancelled one week prior to the start of the program.

Register at www.lsse.org

or

call 413-259-3065

Week-Long Summer Programs



732199 Improv. Extravaganza!

Ages 11-18

Becca Green-Van Horn

(Grades 6-12)

This fun week is jam-packed with Improv!!! Inspired by the popular “Whose Line Is It Anyway?” show, this program will give participants an opportunity to hone their improvisational skills in a humorous, playful, non-judgmental and supportive setting. The acting exercises, drama games and scene work are designed to encourage young actors to take creative risks, while increasing their comfort level with theater improv. Participants will also practice listening and collaboration while growing in verbal and physical confidence on stage. There is a \$8 materials fee due to the instructor at the first class.

Mon.-Fri., Jul.17-21, 10:00 a.m.-1:00 p.m., Fort River School, \$169

732194 Sing Out! Musical Theater Audition/ Performance Workshop

Ages 9-18

Becca Greene-Van Horn

(Grades 4-12)

Come learn how to not only do your best at an audition, but how to perform a musical theater song! The Valley offers many wonderful opportunities for young performers. Auditioning can be very challenging to even the most seasoned performer. It has to be approached in a very specific way. Taught by former professional actress and “experienced auditioner,” Becca Green-Van Horn, participants will work on audition songs, learn basic audition technique and practice performing in front of the group. Dealing with “audition nerves,” stage fright, and the disappointment of not being cast will also be addressed. Participants will learn relaxation techniques and suggestions on how to maintain a positive attitude during the audition process. There is an \$8 materials fee due to the instructor the at first class.

Mon.-Fri., Jul. 24-28, 2:00-5:30 p.m., Fort River School, \$189

732192 Curtain Up! Summer Acting Intensives

Ages 12-18/(Grades 7-12)

Becca Greene-Van Horn

Do you love to act? Are you longing to feel more confident and comfortable on stage? Want to practice your acting skills and learn new ones? Improve your comfort with improvisation and physical theatre? Learn audition skills and methods to help manage audition anxiety and stage fright? Then come join this fun and intensive acting week. This course is for all levels and experience. Taught by former professional actress and experienced drama teacher, Becca Green-Van Horn. The acting exercises, drama games and scene work are designed to encourage young actors to take creative risks, while increasing their listening and collaborative skills, as well as verbal and physical confidence on stage. There will be an informal demo at the last class. There is an \$8 materials fee due to the instructor at the first class.

Mon.-Fri., Aug. 7-11, 2:00-5:30 p.m., Fort River School, \$174

(413) 259-3065

Week-Long Summer Art Programs



Photo by Jeannette Beaudet

732120 Youth Riding Weeks

Ages 6-16

April Hart

Students will develop basic skills necessary to begin riding and handling horses safely and with confidence. We will practice methods of grooming, leading, saddling and mounting, and will develop riding exercises according to the needs of the students in the group. There is an \$80 farm fee due to the instructor at the first class. Lessons will be held at Amethyst Farm, 89 North East St., Amherst, MA

Session A: Mon.-Fri., Jun. 26-30, 9:00 a.m.-3:00 p.m., \$249

Session B: Mon.-Fri., Jul. 24-28, 9:00 a.m.-3:00 p.m., \$249

Session C: Mon.-Fri., Aug. 21-25, 9:00 a.m.-3:00 p.m., \$249

732121 Advanced Youth Riding Weeks for Youth II Ages 6-16 with some experience

April Hart

In these advanced sessions, students continue to develop basic riding and handling skills. We will continue to practice methods of grooming, leading, saddling and mounting, and will develop riding exercises according to the needs of the students in the group. There is an \$80 farm fee due to the instructor at the first class. Lessons will be held at Amethyst Farm, 89 North East St., Amherst, MA.

Session A: Mon.-Fri., Jul. 10-14, 9:00 a.m.-3:00 p.m., \$249

Session B: Mon.-Fri., Aug. 7-11, 9:00 a.m.-3:00 p.m., \$249



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- counselor-in-training program for ages 13-15

ADVENTURE CAMP

Session 1: June 26-July 7

(no camp on July 4)

Session 2: July 10-July 21

Session 3: July 24-August 4

Visit our website for more information and to register.

**bement.org/
summer**



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TOUCH IT. DRAW IT. GROW IT. SING IT. LEARN IT. KNOW IT, INSIDE AND OUT

Week-Long Summer Programs



732160 Math Week

Ages 10-16

Josh Hornick

Explore exciting, beautiful, advanced material in math. If you like to play with ideas and numbers, and time and space (and rule the universe and grasp epic truths), this is the program for you. Those good at math or not can grow and have fun with math unrelated to state standards. Even if you don't consider yourself a "math person" you may love it, others have. Joshua Hornick teaches 11th and 12th grade math at the Four Rivers Charter Public School in Greenfield, MA. For more information on Math Circles, please visit www.mathcircles.org. There is a \$10 materials fee due to the instructor at the first class.

Mon.-Fri., Aug. 7-11, 9:00 a.m.-12:00 p.m., Fort River School, \$169

732159 Rocket Week

Ages 10-16

Josh Hornick

During this week we will design, construct, and launch rockets. Lots of them! We will experiment with rockets of various kinds, including solid fuel and air pressure models, rockets with payloads and parachutes, water propelled rockets, and Estes rockets. The laws of mechanics and aerodynamics will guide our high flying fun. Mature 10 year olds are welcome to join us. Joshua Hornick holds a Masters in Science Education from The City College of New York and JD from the University of Chicago. He currently teaches at the Four Rivers Charter Public School and has taught physics, math, physical science and theater. There is a \$20 materials fee due to the instructor at the first class.

Session A: Mon.-Fri., Jul. 10-14, 9:00 a.m.-12:30 p.m., Fort River School, \$199

Session B: Mon.-Fri., Aug. 14-18, 9:00 a.m.-12:30 p.m., Fort River School, \$199

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Kids, Art & Nature

Week-Long Summer Art Programs



Photo courtesy of Lahri Bond

732811 Hey, Hey! It's Clay! Session I **Ages 7-10** **Deborah Bazer**

Our delightfully muddy hands will create a wide array of art using that gorgeous squishy stuff that comes from the ground! You can push it, pull it, poke it, and form it into just about anything you can think of. Come learn about where clay comes from, and how to use it. Coil, pinch, and slab techniques will be taught, so we can create artwork, and then finish it with colorful slip (liquid colored clay), and glaze. There will also be plenty of time for playing games outside, exploring other malleable materials, and listening to stories of magical and muddy places. All work will be fired, and ready for pick up a few weeks after class is over. Please bring a lunch, water, snack, and non-Deet insect repellent. There is a \$12 materials fee due to the instructor at the first class.

Mon.-Fri., Jul. 10-14, 8:30 a.m.-3:30 p.m., Middle School, \$289

732810 A Purr-fectly Paw-Some Cat Class **Ages 7-11** **Lahri Bond**

We're not kitten when we say this class is the cat's meow. Students will draw, paint, and make masks and three-dimensional cats in paper maché, while hearing remarkable tales of human-kind's other "best friend." Come hear paw-sitive stories, meow-velous myths, and hiss-terical folk tales of ferocious felines, cantankerous kitties, and terrific tabbies, while creating fabulous furry creations. Snack, lunches, games, and drawing time will be spent outside. Please bring a lunch, water, snack, and non-Deet insect repellent. A won-fur-ful good time is guaranteed fur all. There is a \$10 materials fee due to the instructor at the first class.

Mon.-Fri., Jul. 10-14, 8:30 a.m.-3:30 p.m., Middle School, \$289

732813 A Faerie's Garden **Ages 6-9** **Deborah Bazer**

Come join us for a week of painting, drawing, sewing, and sculpting all things faerie! We will create our own portable faerie gardens using real clay, wood, stones, seeds, and soil to grow plants in. We'll study the images of artists who love to draw and sculpt faeries such as Brian Froud, Wendy Froud, Arthur Rackham, and Alan Lee; then we will draw and paint our own faerie images. At snack and lunch times, we'll head outside for games and faerie house building. Of course, there will be plenty of time to tell stories of faeries, and design our own fabric fairies wings. If we look carefully, perhaps we'll see some tiny visitors. Please bring a lunch, water, snack, and non-Deet insect repellent. There is a \$10 materials fee due to the instructor at the first class.

Mon.-Fri., Jul. 17-21, 8:30 a.m.-3:30 p.m., Fort River School, \$289

732804 Super Heroes Assemble! **Ages 6-10** **Lahri Bond**

While The Avengers, Wonder Woman, Spiderman, and Guardians of the Galaxy capture the imagination in popular movies and cartoons, their origins are in the simple line drawings, and fertile imaginations of young artists. We will explore the art of visual storytelling, beginning with learning to draw some of our favorite cartoon and comic characters, before moving on to inventing our own. Over an action-packed week, we will illustrate multi-paneled stories, and then make our own masks, symbols, utility belts, and super-gear to become the actual superheroes we have drawn. Snack, lunches, games, and drawing time will be spent outside. Please bring a lunch, water, snack, and non-Deet insect repellent. There is a \$10 materials fee due to the instructor at the first class.

Mon.-Fri., Jul. 17-21, 8:30 a.m.-3:30 p.m., Fort River School, \$289

732807 TREE-mendous Explorations **Ages 7-10** **Deborah Bazer**

Stretch your leaves and branches to the sky, as we use our powers of observation to explore the power of the trees! Students will draw, paint, and sculpt trees, and the animals and insects that live in them. We will also delve into tree stories from world folklore and mythology, and learn about how these gentle giants bring so much to our world. We will study artists who have been inspired by trees, examining the works of Georgia O'Keeffe, Meredith Woolnough, Gustav Klimt, and Jody Xiong. Some of our art supplies will come from trees, but we will also use paint, pencils, found objects, cloth, wire, our hands, feet, and elbows to create tree-ish works of art. Students will walk and draw in many beautiful places in the Amherst area. There will be as a special fieldtrip to visit some spectacular trees nearby! Please bring a lunch, water, snack, and non-Deet insect repellent. There is a \$10 materials fee due to the instructor at the first class.

Mon.-Fri., Jul. 24-28, 8:30 a.m.-3:30 p.m., Middle School, \$289

20% off
youth programs for Amherst residents
**see page 34 for restrictions*

Week-Long Summer Art Programs

732803 MIND-Craft: Creating Real World Game Environments **Ages 7-11**

Lahri Bond

The popularity of digital role-playing and environment-creating games such as Minecraft are brought into the physical world, in this exciting class which harnesses the power of our imaginations. Students will spend the week creating characters, which they then will become, while making biomes, terrains, and magical creatures, from recycled materials, paint, glue, and their immediate surroundings. We will build our collective world both in the classroom and in the parks and woods of Amherst. The class will create imaginative terrains from ordinary materials, while supporting and fostering cooperation, mutual creation, decision making, and creative problem solving. Please bring a lunch, water, snack, and non-Deet insect repellent. There is a \$10 materials fee due to the instructor at the first class.

Mon.-Fri., Jul. 24-28, 8:30 a.m.-3:30 p.m., Middle School, \$289

732808 Dinosaurs and Spaceships! **Ages 5-9**

Lahri Bond

What a combo! The ancient past meets the distant future in this class that pairs two unusual children's favorites. Paint, glue, cardboard, and ingenuity will combine, to create real and imagined dinosaurs, and futurist space ships on paper and in kid created three-dimensional dino sculptures, starships, and spaceports. The class will also take a trip to the Beneski Museum of Natural History to see and draw the bones of real dinosaurs that once roamed the Pioneer Valley. An equal share of the day will be spent outside, playing noncompetitive games, so please bring a lunch, water, snack, and non-Deet insect repellent. There is a \$10 materials fee due to the instructor at the first class.

Mon.-Fri., Aug. 7-11, 8:30 a.m.-3:30 p.m., Middle School, \$289

732812 Hey, Hey! It's Clay! Session II **Ages 7-11**

Deborah Bazer

Our delightfully muddy hands will create a wide array of art using that gorgeous squishy stuff that comes from the ground! You can push it, pull it, poke it, and form it into just about anything you can think of. Come learn about where clay comes from, and how to use it. Coil, pinch, and slab techniques will be taught, so we can create artwork, and then finish it with colorful slip (liquid colored clay), and glaze. There will also be plenty of time for playing games outside, exploring other malleable materials, and listening to stories of magical and muddy places. All work will be fired, and ready for pick up a few weeks after class is over. Please bring a lunch, water, snack, and non-Deet insect repellent. There is a \$12 materials fee due to the instructor at the first class.

Mon.-Fri., Aug. 7-11, 8:30 a.m.-3:30 p.m., Middle School, \$289

Register Early

**Programs that do not reach their
minimum enrollment will be cancelled one week
prior to the start of the program.**



Photo courtesy of Lahri Bond

732809 Kites, Wings and Flying Things

Lahri Bond

Ages 5-9

Take to the sky with real and imaginative winged creatures, as we create wind-borne wonders from a variety of materials, including balsa wood, wire, colorful paper, and found objects. After hearing stories of enchanted birds, fabulous phoenixes, and delightful dragons, we will make sculpture, windsocks, frame kites, and our very own pair of wings. There will be plenty of time spent outside, flying our creations, and playing non-competitive games. Please bring a lunch, water, snack, non-Deet insect repellent, and your lofty imaginations. There is a \$10 materials fee due to the instructor at the first class.

Mon.-Fri., Aug. 14-18, 8:30 a.m.-3:30 p.m., Middle School, \$289

738206 Wizardry, Magic and Myth

Ages 6-10

Lahri Bond

All aboard for an enchanting week of magic-wand making, spell casting, dragon creating fun. Taking inspiration from stories such as Harry Potter, The Hobbit, Percy Jackson, and myths from around the world, we will create our own magic land of art and wonder. We will create mythological creature drawings and paper maché sculpture, magical props such as wands, and invisible ink for imaginative play. There will also be plenty of time spent outside, for games, and making magical habitats in nature. Please bring a lunch, water, snack, and non-Deet insect repellent. There is a \$10 materials fee due to the instructor at the first class.

Mon.-Fri., Aug. 21-25, 8:30 a.m.-3:30 p.m., TBD, \$289

Early Adventures & Adventure Playground

Included everyweek:

@ Middle School

nature activities

swim lessons

field trips & special events

cooking

arts and crafts

free transportation

sports activities

games

fun!!!!

Week A: Camp Kick Off! June 26-30

We are here to start the summer season off right with as much fun as possible with our Camp Kick Off week! Campers will enjoy water games, relays, amazing projects, activities, and much, much more!

Week B: Welcome to the Jungle!

July 3-7 (No Camp July 4)

Tame your boredom with our animal and nature week. This week will capture the nature and animal lover in all of us with a week based on various animals and nature trips. We will also have some animal guests stop by!



Photo by Nikki Abelli

Physicals & immunization records are required at the time of registration.



Photo by Nikki Abelli

Week C: Wacky Water July 10-14

Bathing suits and towels are necessities for this week of camp with the fun and exciting water activities that are in store for each day. Slip and Slide, Water Relays, and Sprinkler games are just a few events for campers to look forward to, along with much, much more!

Week D: Around the World July 17-21

This week we will travel the world in five days with experiences in foreign cultures, food, values, arts and languages! And we will wrap up the week with our multicultural festive where you the parents can join us.

Week E: Challenge Week

July 24-28

Color Wars, Olympics, and team initiatives, capture the flag, treasure hunts, and any activity where teams can go head to head will work. We will keep track of points on a large display that campers can see throughout the day. At the end of the week a winner will be announced but all campers will participate in the winning festivities.

Week F: Camps Got Talent!

July 31-Aug. 4

Have camper sing, act, play an instrument, do some stand-up comedy, dance, do some magic, perform a puppet show, etc. during our Ultimate Talent Show! Friends and families are invited to our Ultimate Talent Show.

Week G: Time Travelers Aug. 7-11

The theme for this week is time travel! We will travel back in time, into the future and everywhere in between through activities, games, cooking, art and research. Some periods of time we plan on exploring are: The Aztec Empire, Ancient Japan, Wild West, The Lost City of Atlantis.



Photo by Nikki Abelli

Week H: Carnival Week!

Aug. 14-18

This week anything goes!! One day we are coming to camp in our pjs, then your favorite costume. We will go back in time for retro day and we'll wrap up the week with crazy carnival day.



Photo by Nikki Abelli

734500 Cost per week Early Adventures Ages 5-6

Weeks A, C-H 8:30-4:00 p.m.	\$236	8:30-5:00 p.m.	\$272
Week B (with holiday) 8:30-4:00 p.m.	\$190	8:30-5:00 p.m.	\$227

734501 Cost per week Adventure Playground Ages 7-11

Weeks A, C-H 8:30-4:00 p.m.	\$219	8:30-5:00 p.m.	\$240
Week B (with holiday) 8:30-4:00 p.m.	\$180	8:30-5:00 p.m.	\$195

20% off

*youth programs for Amherst residents *see page 34 for restrictions*

“This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local Board of Health”

(413) 259-3065

Sports Plus!

Day Camp and Sports Camp together!



Photo by Sean Werle

734504

Ages 7-11. Sign your child up for their morning sports camp experience and have them met by our Adventure Playground Day Camp staff for their fun-filled afternoon. During the afternoon they'll have the opportunity to participate in swimming, nature activities, games, arts and crafts and more! The camp is staffed by responsible administrators and counselors who are selected for their special abilities, qualifications, and their desire to work with children in a camp setting. Adventure Playground operates until 4:00 p.m. and is located at Amherst Middle School. An extended day feature can also be added which allows your child to stay at camp until 5:00 p.m. *There is no camp on **July 4**.

1. Please select your sports camp for the morning

The following is a list of the sports camps that are included as part of the



option:

Week A: 6/26-6/30

735103 A Baseball Camp
735118 A Beginning Ultimate
735118 B Advanced Ultimate Coed

Week B: 7/3-7/7

735110 B Ace Tennis Camp
735116 A Coed Flag Football Camp
735118 C Girls Advanced Ultimate
735118 D Beginning Ultimate Coed
735118 E Boys Advanced Ultimate
735101 A Volleyball Camp

Week C: 7/10-7/14

735100 A ALL Sports & Games
735110 E Ace Tennis Camp
735118 F Beginning Ultimate Coed
735118 G Advanced Ultimate Coed

Week D: 7/17-7/21

735115 A Boys' Lacrosse Camp

Week F: 7/31-8/4

735105 B Coed Basketball Camp
735110 F Ace Tennis Camp

Week G: 8/7-8/11

735110 H Ace Tennis Camp
735113 B Soccer Camp

Week H: 8/14-8/18

735110 J Ace Tennis Camp
735107 A Amherst Girls Basketball Camp

2. Select your afternoon option:

734504 Cost per week Sports Plus Option Ages 7-11

Weeks A, C-G: 12:00-4:00 p.m., \$99 plus the price of the sports camp; 12:00-5:00 p.m., \$120 plus the price of the sports camp

Week B: 12:00-4:00 p.m., \$79 plus the price of the sports camp; 12:00-5:00 p.m., \$99 plus the price of the sports camp

**Physicals & immunization
records are required at the
time of registration.**

2017 LSSE Summer Sports Camps

Current immunization records and medical exams (within the past two years) are required for all sports campers at registration. If current records were provided last year, you may disregard this requirement. Registrations will not be accepted without proper medical records.

735103 Baseball Camp

Ages 8-12

Sports
Plus

Greg Vouros

For all levels. This camp is for boys and girls who want to learn and/or improve on the fundamental skills of pitching, batting, fielding, and position play. The camp is a perfect complementary program for those children already involved in league play and/or for those who are interested in refining their skills. Coach Vouros is the varsity baseball coach at Amherst Regional High School and 2010 Division 1 State Champions! Each participant should bring a water bottle. Rain location: High School.

Mon.-Fri., Jun. 26-30, 9:00 a.m.-12:00 p.m., Community Field, \$179

735100 ALL Sports & Games Camp Ages 7-14

Sports
Plus

Kacey Schmitt

This camp will be directed by Kacey Schmitt, varsity volleyball and softball coach at ARHS. Kacey loves sports, and has directed sports camps for LSSE for over 20 years. She was the physical education teacher at Crocker Farm Elementary School, and is a big believer in cross-training and carry-over of sports skills from one sport to another. Campers will get an introduction to many different sports, including softball/baseball, track and field, lacrosse, Ultimate, floor hockey/field hockey, and more. Basic skills and rules will be covered, with lead-up games and fun, cooperative games and activities interspersed. Kacey will be assisted by ARHS varsity athletes from various sports. Participants should bring a glove (if they have one), a water bottle, and a healthy snack. Campers should wear sneakers (for indoor play), but may bring cleats for outdoor play, if desired.

Mon.-Fri., Jul. 10-14, 9:00 a.m.-12:00 p.m., Middle School, \$179



Photo by Sean Werle

735101 Volleyball Camp

Ages 8-14

Sports
Plus

Kacey Schmitt

This camp is directed by Kacey Schmitt, varsity volleyball coach at ARHS and experienced physical education teacher. This camp is designed to give both beginner and intermediate players a great opportunity to learn and improve their skills. Campers will be grouped according to their age and experience level. Volleyball is a fun and active sport that requires quickness, agility, and teamwork. All equipment will be supplied, but participants should wear sneakers and bring a water bottle and a snack. There is no camp on **July 4**.

Mon.-Fri., Jul. 3-7, 9:00-12:00 p.m., Middle School Gym, \$179

**Physicals & immunization records
are required at the time of
registration.**



Photo by Sean Werle

Summer Sports Camps



735118 Ultimate Frisbee Camp

Tiina Booth & Staff

Whether you are brand new to the sport, or have some playing experience, we will be able to offer a camp that matches a camper's level of interest and skill. All camps are directed by Tiina Booth or members of her staff. Counselors are past and present players of ARHS or other schools all of whom have extensive experience playing and coaching their favorite sport. Ultimate Frisbee is a non-contact sport that combines the fast-paced action of soccer with skills and strategies similar to basketball and football. Participants will learn basic throws, defensive skills and offensive patterns through drills, exercises and actual games. Each camper should bring cleats, a water bottle and snack and will receive a camp disc and shirt.

Jun. 26-30, Mon.-Fri., 9:00 a.m.-12:00 p.m., Groff Park, \$179

Session A	Beginner Co-ed	Ages 9-12
Session B	Advanced Co-ed	Ages 11-16

**Sports
Plus**

Jul. 3-7, Mon.-Fri., 9:00 a.m.-1:00 p.m., Groff Park, \$179

There is no camp on **July 4.**

Session C	Girls Advanced	Ages 11-16
Session D	Beginner Co-ed	Ages 9-12
Session E	Boys Advanced	Ages 11-16

**Sports
Plus**

Jul. 10-14, Mon.-Fri., 9:00 a.m.-12:00 p.m., Groff Park, \$179

Session F	Beginner Co-ed	Ages 9-12
Session G	Advanced Co-ed	Ages 11-16

**Sports
Plus**

**Physicals & immunization
records are required at the
time of registration.**

Register Early

Programs that do not reach their minimum enrollment will be cancelled one week prior to the start of the program.

Summer Sports Camps

735115 Boys' Lacrosse Camp Ages 7-12

Sports
Plus

Chris Johnson

All ability levels are welcome to participate. These camps will focus primarily on the basic fundamentals of lacrosse, including: stick protection; ground balls; throwing and catching; footwork; and shooting on goal. The goal is for players to learn and improve their stick skills and also learn the basic strategies of the game through team play and stimulated games. Each participant should bring their own lacrosse stick, helmet, pads, and water bottle to the camp.

Mon.-Fri., Jul. 17-21, 9:00 a.m.-12:00 p.m., High School Fields, \$179

735116 Co-ed Flag Football Camp

Ages 6-12

Sports
Plus

Vincent Barnes Jr.

This fun new camp for girls and boys will be instructed by Vince Barnes, Wildwood Elementary P.E. Teacher and Ex-Univ. of Michigan Football Player. This camp will provide a beginner and recreational approach to the game of non-contact flag football. This camp is for children who are interested in learning or improving in the sport of football. The flag football concept allows for children to learn and develop skills and concepts in a safe and fun setting. Cleats are recommended, and all campers should bring a water bottle.

Mon.-Fri., Jul. 3-7, 9:00 a.m.-1:00 p.m., Community Field (HS), \$179



Physicals & immunization records are required at the time of registration.

(413) 259-3065

Amherst Youth Soccer Association

REC/TRAVEL Soccer

AGES 3-18

Registration Opens July 1, 2017

Scholarships Available

TRAVEL TRYOUTS

Tryouts are May/June 2017 ~ for all grade levels

What We Offer:

- * Training: Individual and Group
- * Drills: Learn new skills/improve on others
- * Teamwork
- * Sportsmanship
- * FUN

For More Info Visit <http://www.amherstsoccer.org>
Email: aysamgr@gmail.com
Find us on Facebook
<https://www.facebook.com/AmherstYouthSoccerAssoc>

Summer Sports Camps

735110 Ace Tennis Camp

Ages 5-18

Jackie Bagwell

FOR ALL LEVELS. Participants will be grouped by both age and skill level. Jackie Bagwell is in her 25th season as the Amherst College Women's Tennis Coach, and has amassed 397 wins – only three shy of the 400-win milestone. Her squads produced back-to-back national singles champions in 1999 and 2000 and have been even more successful in doubles action, taking home the NCAA title in 2007, 2008, 2011, 2012, 2013 and 2014. She earned Boston Area Coach of the Year in 2000, and was named the 2007 and 2014 NESCAC Coach of the Year. In 2011, she was honored as the ITA's Northeast Coach of the Year. Camp participants should wear t-shirts, shorts, tennis shoes, and bring their own rackets and water bottles.



Photo by Sean Werle

Session A Ages 5-7

Mon.-Fri., Jul. 3-7, 9:00-10:00 a.m., Middle School, \$65
There is no camp on **July 4**

Session C Ages 5-7

Mon.- Fri., Jul. 10-14, 9:00-10:00 a.m., Middle School, \$79

Session E Ages, 5-7

Mon.-Fri., Jul. 31-Aug. 4, 9:00-10:00 a.m., Middle School, \$79

Session G Ages 5-7

Mon.-Fri., Aug. 7-11, 9:00-10:00 a.m, Middle School, \$79

Session I Ages 5-7

Mon.-Fri., Aug 14-18, 9:00-10:00 a.m, Middle School, \$79

Session B Ages 8-18

Mon.-Fri., Jul. 3-7, 9:00 a.m.- 12:00 p.m., Middle School, \$179
There is no camp on **July 4**.

Session D Ages 8-18

Mon.- Fri., Jul. 10-14, 9:00 a.m.-12:00 p.m.,
Middle School, \$179

Session F Ages 8-18

Mon.-Fri., Jul. 31-Aug.4, 9:00 a.m.-12:00p.m.,
Middle School, \$179

Session H Ages 8-18

Mon.-Fri., Aug. 7-11, 9:00 a.m.- 12:00 p.m.,
Middle School, \$179

Session J Ages 8-18

Mon.-Fri., Aug. 14-18, 9:00 a.m.- 12:00 p.m.,
Middle School, \$179

Sports
Plus

Sports
Plus

Sports
Plus

Sports
Plus

Sports
Plus

Current immunization records & medical exams are required for ALL campers at the time of registration.

Summer Sports Camps

735113 Soccer Camp

Ages 5-12

Michael Rudd

For boys and girls of all levels. Come learn from Michael Rudd, varsity boys' soccer coach at Amherst High School, Division 1 coach of the year (2012, 2014), WMass champions (2012), and state finalist boys' team (2012). The camp's primary purpose is to show your child why soccer is called "the beautiful game". Each morning, players will be able to find the joy and freedom of expression that all those who love the game discover. This begins with the development of ball skills and extends to small-sided games in which a player can learn the meaning of being a teammate. By the end of the session, our hope is that your child falls in love with soccer. Each participant should bring a water bottle and their own soccer ball with their name on it. Rain location: High School.

Session A: Ages 5-7

Mon.-Fri., Aug. 7-11, 9:00-10:00 a.m.,
Middle School Fields, \$79

Session B: Ages 7-12

Mon.-Fri., Aug. 7-11, 9:00 a.m.-1:00 p.m.,
Middle School Fields, \$179

Sports
Plus



Photo by Sean Werle

Current immunization records & medical exams are required for ALL campers at the time of registration.



CHALLENGER SPORTS

- SPEED/AGILITY
- JUGGLING
- FOOT SKILLS
- PASSING/CONTROL
- DRIBBLING
- SHOOTING

SOCCER CAMP

Your child deserves to go to the most popular camp in the country where they will learn new skills, develop confidence, and have fun!





WIN A TRIP TO ENGLAND
TO WATCH PREMIER LEAGUE TEAM
SOUTHAMPTON FC!
See inside for details.

Amherst Leisure Services

July 31st - August 4th
Amherst Middle School, 170 Chestnut Street, Amherst, MA 01002

First Kicks*	8am-8:45am	Ages 3-4	\$60
Half Day	9am-12pm	Ages 7-14	\$191
Full Day	9am-4pm	Ages 7-14	\$252

*This Program is running Tuesday-Friday

ONLINE REGISTRATION RECOMMENDED.

You must register online before **June 16th** to receive your FREE British Soccer Jersey.

For more information contact, Steve Hughes:
Phone: (401) 213-0463 • Email: shughes@challengersports.com

Please send your child to camp with water, sunscreen, shinguards, and a healthy snack each day. If you are attending the Full Day program please remember to bring a packed lunch.

Register now at:
www.challengersports.com

MASSACHUSETTS BOARD OF HEALTH REQUIREMENTS:

This camp must comply with regulations of the Massachusetts Department of Public Health and by licensed by the local board of health. In order to comply to Board of Health regulations all participants on this camp must provide Challenger Sports with a copy of current immunization record and a past 24 month health history. Failure to provide this information prior to the start of camp will result in you not being allowed to attend camp.

Please email records to:
shughes@challengersports.com clearly marking the participants name and the camp to be attended.

Records can also be sent to:
Challenger Sports, Board of Health,
94 Jefferson Blvd., Warwick, RI 02888.

All of Challenger Sports coaches are CORI and SORI verified. Parents/Guardians have the right to review the background checks, health care, discipline policies and grievance procedures upon written request.

Summer Sports Camps



735105 Coed Beginner Basketball Camp Ages 6-12

Sports
Plus

Dustin James

This camp is for boys and girls who want to learn about the basic fundamentals of basketball. Participants will learn the basic skills to succeed within a team environment, and how to enjoy and have fun while playing and learning the game of basketball. Coach James has over eight years of experience in coaching high school basketball in both MA and NY. He is the current high school varsity girls' coach and the current P.E. Teacher at Crocker Farm Elementary. This camp is intended for beginner/intermediate players who want to play better basketball at the recreational level. Each participant should bring a water bottle.

Mon.-Fri., Jul. 31-Aug. 4, 9:00 a.m.-12:00 p.m., Crocker Farm Gym, \$179

735108 Footlocker Basketball Camp Ages 7-16

Dennis Jackson

FOR ALL LEVELS. Footlocker Basketball Camp is for those individuals who would like to improve at playing the game of basketball. Basketball is a skill game with intensive play. We will assist you in all aspects of the game of basketball. Coach Jackson has over 30 years of coaching experience at the high school, college, and professional basketball levels. We guarantee the basketball skills here (shooting, ball handling, passing, and defense) will elevate your game dramatically and teach the essential tools needed to uplift your play in this fast-paced game today. Each participant will receive a camp tee shirt, team picture, and certificate. Camp ends an hour early on Fridays.

Session A: Mon.-Fri., Jun. 26-30, 9:00 a.m.-3:00 p.m., Middle School Gym, \$209

Session B: Mon.-Fri., Jul. 24-28, 9:00 a.m.-3:00 p.m., Middle School Gym, \$209

735109 "Blue Chip" Basketball Camp Ages 8-17

Dennis Jackson

FOR MORE ADVANCED PLAYERS. The Blue Chip Basketball Camp is designed for more advanced players ages 8-17 years old who are inspired to become one of the best at their position. We specialize in basketball skills development for youth focusing on: dribbling, shooting, rebounding, defense, and passing with excellent in-game competition. Coach Jackson has over 30 years of coaching experience at the high school, college, and professional levels. You will learn how to get prepared to make your suburban, travel, AAU, seventh and eighth grade, JV or high school varsity teams. If you are committed to the game of basketball, we guarantee to help you reach your at the level you desire to play. Each participant will receive a camp tee shirt, team picture, and certificate. Camp ends at 2:00 p.m. on Fridays.

Session A

Mon.-Fri., Jul. 10-14, 9:00 a.m.-3:00 p.m., Middle School Gym, \$209

Session B

Mon.-Fri., Jul. 31-Aug. 4, 9:00 a.m.-3:00 p.m., Middle School Gym, \$209

735107 Amherst Girls Basketball Camp Ages 10-16

Sports
Plus

Dustin James

For girls of all ability levels, ages 10-16. This camp offers the chance for girls to learn the most up to date basketball skills, develop leadership, and improve basketball IQ in a fun and competitive atmosphere. It is specifically designed to target developing female players using the methods of Amherst High School Varsity Coach Dustin James. Coach James has over eight years of experience in coaching high school basketball in both MA and NY. He is also the current P.E. Teacher at Crocker Farm Elementary. Camp highlights include an atmosphere of hard work, discipline, enthusiasm, encouragement, and skill mastery; detailed instruction from the coaching staff; daily emphasis on fundamental development and team play; and a basketball t-shirt

Mon.-Fri., Aug. 14-18, 9:00 a.m.-12:00 p.m., Middle School Gym, \$179

735106 Complete Player Basketball Ages 10-17

Jamahl Jackson

Ages 10-17. Complete Player Basketball Camp teaches boys & girls the fundamentals of basketball in a fun and competitive atmosphere. These Amherst Regional alums have grouped their playing and coaching experience together to take your game to the next level. Each camper is given detailed coaching on a daily basis on all aspects of the game to include ball handling, rebounding, defense, passing, shooting, and much, much more. Camp director is Jamahl Jackson-Head Coach Emmanuel College.

Mon.-Fri., Aug. 7-11, 9:00 a.m.-3:00 p.m., Middle School Gym, \$209

Register Early

Programs that do not reach their minimum enrollment will be cancelled one week prior to the start of the program.

Current immunization records & medical exams are required for ALL campers at the time of registration.

National Ultimate Training Camps (NUTC)



Photo by Paul Rutherford

735119 NUTC

Ages 14-18

Tiina Booth

In 2001 Amherst Leisure Services and Tiina Booth launched the first overnight ultimate camp in the United States! Since then, campers from as far away as California, Colorado, Washington, Colombia, Germany and South Africa have traveled to Amherst to join local players at the National Ultimate Training Camp. These intensive camps are open to both boys and girls. From daily drills to skills competitions to an all-camp tournament, campers will spend five days and night immersed in the sport of ultimate. Evening activities include a Camper v. Counselor Game, Trade Night and Talent Show. All sessions will be directed by Tiina Booth, head UMASS Men's Coach, retired coach of the ARHS boys varsity ultimate team and recent inductee to the USAU Ultimate Hall of Fame. Booth has won numerous national and world titles as a coach, and is also the co-author of *Essential Ultimate*, an introductory book about ultimate for players, teachers and coaches. Booth will be assisted by a staff of skilled counselors and guest instructors from around the U.S., all of whom have spent years playing and coaching their favorite sport. Every member of the NUTC staff knows the importance of being a great teacher as well as a great player, and counselors will provide exceptional guidance and supervision, both on and off the field.

For more information, please visit our website at www.nutc.net

Session A: Sat.-Thur., Jul. 1-6, Mount Holyoke College

Day Camp: \$729 by 5/29; \$829 after

Overnight (resident): \$785 by 5/29; \$885 after

Overnight (non-resident): \$839 by 5/29, \$939 after

Session B: Sat.-Thur., Jul. 8-13, Mount Holyoke College

Day Camp: \$729 by 5/29; \$829 after

Overnight (resident): \$785 by 5/29; \$885 after

Overnight (non-resident): \$839 by 5/29, \$939 after

Session C: Sat.-Thur., Jul. 15-20, Mount Holyoke College

Day Camp: \$729 by 5/29; \$829 after

Overnight (resident): \$785 by 5/29; \$885 after

Overnight (non-resident): \$839 by 5/29, \$939 after

Session D: Sat.-Thur., Jul. 22-27, Mount Holyoke College

Day Camp: \$729 by 5/29; \$829 after

Overnight (resident): \$785 by 5/29; \$885 after

Overnight (non-resident): \$839 by 5/29, \$939 after

Current immunization records & medical exams are required for ALL campers at the time of registration.

WAR MEMORIAL POOL

Community Field, Triangle St., 413-362-9256

Open Saturday, June 24 -August 27, 2017



Activity	Monday-Friday	Saturday & Sunday
LSSE Day Camp Lessons	9:30 a.m.-11:00 a.m.	
Adult Lap Swim	8:00 a.m.-9:30 a.m.	9:00 a.m.-11:00 p.m.
Open Swim**	11:00 a.m.-5:00 p.m.	11:00-6:00 p.m.
Youth Swim Lessons	5:00-7:00 p.m.	
Open Swim**/Adult Laps	7:00-8:00 p.m.	

(Applies to All Pools)

Food/drink are not allowed in the swimming areas or locker rooms. The cashier will gladly check your coolers in the pool house while you swim.

Only Coast Guard approved flotation devices permitted

-Handicap accessible lift available

***Locker room doors lock 15 minutes after closing.**

***July 4 will follow a "weekend" schedule.**

***All children under 16 must pass a swim test in order to swim in the deep end.**

****Open Swim- Children under 12 must be accompanied by a person 16 or older.**

If your child cannot pass the swim test, then parent/guardian must be in the pool accompanying them within arms reach for safety reasons.

Surf & Turf Sundays

Play a 9 hole round of golf and swim for free on Sundays at Mill River Pool or War Memorial Pool 12-6 that same day

MILL RIVER POOL & WADING POOL

Mill River Recreation Area, Montague Rd., 413-549-6875

Open Saturday, June 24 - August 27, 2017



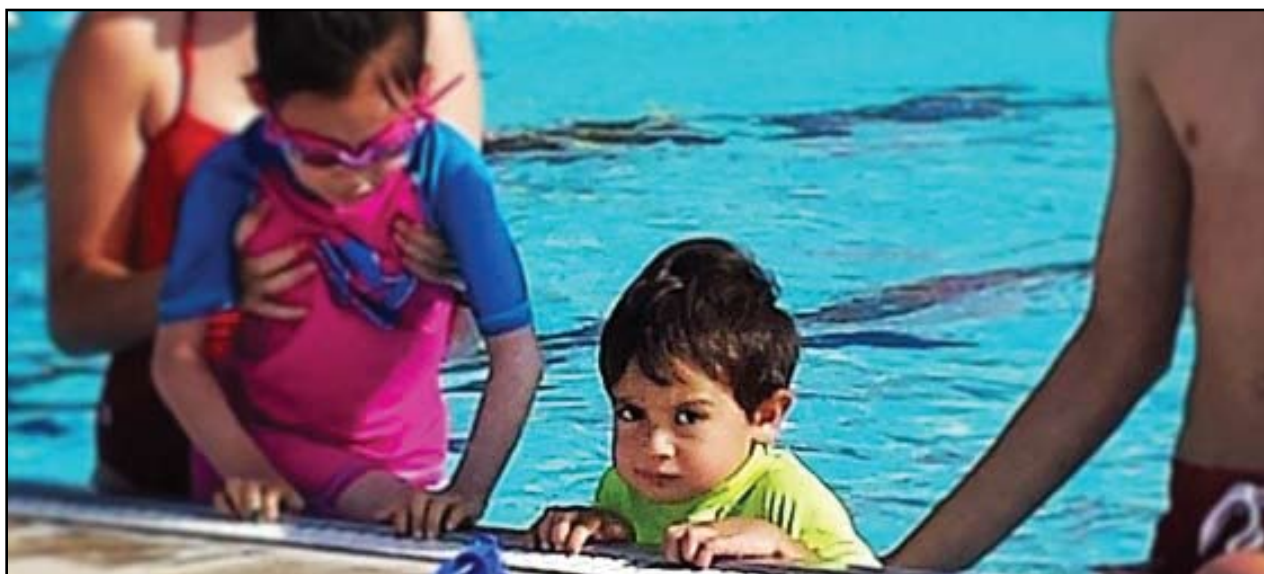
Activity	Monday-Friday	Saturday & Sunday
Adult Lap	6:30 a.m.-9:00 a.m. 10:00 a.m.-1:00 p.m.	8:00 a.m.- 12:00 p.m.
Open Swim**	1:00 p.m.- 5:00 p.m.	1:00- 6:00 p.m.
Youth Swim Lessons	5:00-7:00 p.m.	
Open Swim**/Adult Laps	7:00-8:00 p.m.	

MILL RIVER WADING POOL -

Open daily from 10:00 a.m to 5:00 p.m

**Children must be accompanied by parent. Wading pools are intended for use by young children (6 and under) and their parents. Older children/teens may be asked to leave.

Outdoor Pools



Daily Admission Fees, Incredible Value!

**PRICE
REDUCED!**

Amherst Residents

Adult	\$3
Youth/Senior	\$2

Nonresidents

Adult	\$4
Youth/Senior	\$3

NEW SPECIALS

Monday Madness 50% off ALL Daily Admission prices!

Saturday Special - 2 for 1 Parent admitted free with a child!

736400 Pool Admission/Membership Fees

Membership Dates

Full Summer	June 24-August 27, 2017
1 st Half Summer	June 24-July 26, 2017
2 nd Half Summer	July 26-August 27, 2017

Pool memberships may be purchased at the pool during operational hours and through the LSSE office.

Pool Memberships Rates

Amherst Residents

Family* (2+)
Adult
Senior (62+ yrs.) /Teen (13-18 yrs.)

Full Summer

\$209
\$129
\$109

Half Summer

\$129
\$85
\$75

Non-Residents

Family* (2+)
Adult
Senior (62+ yrs.) /Teen (13-18 yrs.)

Full Summer

\$215
\$135
\$119

Half Summer

\$139
\$95
\$85

*Family membership includes only those who live in your household.

Youth Swimming Lessons

Choose the level that best suits your swimmer. Registration is on a first-come first-serve basis.

Parent-Child Program **Children 6 months to 3 years**

Guppies is an introduction to water with parent or guardian Skills emphasized are:

- Water comfort
- Blowing bubbles
- Socialization

Preschool Program

Children in the preschool levels should be between the ages of 3 and 5 years old

Tadpoles

- This is an entry level class
- This is the first class without a parent
- Children may show fear of water, especially when not with a parent.

Your child is a **Tiny Tuna** if he or she

- Shows little to no fear in the water
- Can front/back float with support and encouragement
- Blows bubbles / attempts to submerge face

Your child is a **Frog** if he or she

- Can do 5 bobs
- Floats on back/front with support
- Swims independently for 3 body lengths
- Kicks on front and back with support
- Jumps in
- SHOWS NO FEAR

Youth Program

Children in the progression levels Should be between the ages of 6 and 14 years old

Level 1

- This is an entry level class

Your child is a **Level 2** if he or she

- Moves comfortably through the water
- Can do 5 bobs
- Demonstrates supported floating & kicking on front & back
- Enters and exits water independently
- Attempts to “reach and pull” with support

Your child is a **Level 3** if he or she

- Can do 10 bobs
- Can tread for 10 seconds
- Retrieves underwater objects
- Demonstrates unsupported front and back floats
- Demonstrates rhythmic breathing
- Performs combined stroke on front and back

Your child is a **Duckling** if he or she

- Can do 10 bobs (submerge whole head)
- Can tread for 5 seconds
- Jumps into deep water, recovers, swims to wall
- Swims independently (no barbell/bubble) with face in the water; attempting to “reach & pull” for 3 body lengths
- Back Crawls with support
- Floats on back with minimal support

Your child is a **Dolphin** if he or she

- Can do 15 bobs
- Can tread for 10 seconds
- Can do a sitting or kneeling dive
- Can do front/back glides
- Back crawls using arms across width of pool
- Swims independently with face in, attempting rotary breathing, across width of pool

Your child is a **Level 4** if he or she

- Demonstrates deep water bobbing
- Can tread for 15 seconds
- Retrieves underwater objects with eyes open
- Can perform front and back crawl across width of pool
- Performs supported breast stroke kick
- Dives in kneeling position

Your child is a **Level 5** if he or she

- Demonstrates front and back crawl with rotary breathing
- Performs breast stroke kick, attempts breast stroke arms
- Can tread for 30 seconds
- Builds endurance by swimming increased distances

Your child is a **Level 6** if he or she

- Demonstrates long shallow dive
- Performs the front crawl, back crawl, and breast stroke for increased distances
- Performs open turn
- Can perform butterfly kick

Summer 2017 Youth Swim Lessons: WAR MEMORIAL POOL



736404

June 26-July 7

Monday-Friday

\$65

*No Class on July 4

5:00-5:25 p.m.	5:30-5:55 p.m.	6:00-6:25 p.m.	6:30-6:55 p.m.
A Tadpole	H Guppies	P Tadpole	V Tiny Tuna
B Tiny Tuna	I Tiny Tuna	Q Duckling	W Frog
C Frog	J Level 1	R Dolphin	X Level 2
D Level 2	L Level 5*	S Level 1	Y Level 3
E Level 3	K Level 6*	T Level 2	Z Level 4
F Level 4		U Level 3	

736405

July 17-28

Monday-Friday

\$70

5:00-5:25 p.m.	5:30-5:55 p.m.	6:00-6:25 p.m.	6:30-6:55 p.m.
A Tadpole	H Guppies	P Tadpole	V Tiny Tuna
B Tiny Tuna	I Tiny Tuna	Q Duckling	W Frog
C Frog	J Level 1	R Dolphin	X Level 2
D Level 2	L Level 5*	S Level 1	Y Level 3
E Level 3	K Level 6*	T Level 2	Z Level 4
F Level 4		U Level 3	

736406

August 7-18

Monday-Friday

\$70

5:00-5:25 p.m.	5:30-5:55 p.m.	6:00-6:25 p.m.	6:30-6:55 p.m.
A Tadpole	H Guppies	P Tadpole	V Tiny Tuna
B Tiny Tuna	I Tiny Tuna	Q Duckling	W Frog
C Frog	J Level 1	R Dolphin	X Level 2
D Level 2	L Level 5*	S Level 1	Y Level 3
E Level 3	K Level 6*	T Level 2	Z Level 4
F Level 4		U Level 3	

*Level 5 and Level 6 maybe combined.

Summer 2017 Youth Swim Lessons: MILL RIVER POOL



736401

June 26-July 7

Monday-Friday

\$65

*No Class on July 4

<u>5:00-5:25 p.m.</u>	<u>5:30-5:55 p.m.</u>	<u>6:00-6:25 p.m.</u>	<u>6:30-6:55 p.m.</u>
A Tadpole	H Guppies	P Tadpole	V Tiny Tuna
B Tiny Tuna	I Tiny Tuna	Q Duckling	W Frog
C Frog	J Level 1	R Dolphin	X Level 2
D Level 2	L Level 5*	S Level 1	Y Level 3
E Level 3	K Level 6*	T Level 2	Z Level 4
F Level 4		U Level 3	

736402

July 17-28

Monday-Friday

\$70

<u>5:00-5:25 p.m.</u>	<u>5:30-5:55 p.m.</u>	<u>6:00-6:25 p.m.</u>	<u>6:30-6:55 p.m.</u>
A Tadpole	H Guppies	P Tadpole	V Tiny Tuna
B Tiny Tuna	I Tiny Tuna	Q Duckling	W Frog
C Frog	J Level 1	R Dolphin	X Level 2
D Level 2	L Level 5*	S Level 1	Y Level 3
E Level 3	K Level 6*	T Level 2	Z Level 4
F Level 4		U Level 3	

736403

August 7-18

Monday-Friday

\$70

<u>5:00-5:25 p.m.</u>	<u>5:30-5:55 p.m.</u>	<u>6:00-6:25 p.m.</u>	<u>6:30-6:55 p.m.</u>
A Tadpole	H Guppies	P Tadpole	V Tiny Tuna
B Tiny Tuna	I Tiny Tuna	Q Duckling	W Frog
C Frog	J Level 1	R Dolphin	X Level 2
D Level 2	L Level 5*	S Level 1	Y Level 3
E Level 3	K Level 6*	T Level 2	Z Level 4
F Level 4		U Level 3	

*Level 5 and Level 6 maybe combined.

(413) 259-3065

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Adult Performing Arts



Photo by Jeannette Beaudet

731211 Group Guitar Lessons

Karl Rausch

Group guitar classes are a great way to learn how to play music. The course begins with the simple study of notes and chords and how to put them together to play songs. Along with learning notes on each string, students will learn how to play simple chords such as G, A, D, and E major as well as minor and dominant 7th chords. The fun begins when we put this all together and the group can divide between melody and chords. As time goes on students develop technique and learn more interesting songs. Karl received his B.M. in Guitar Performance with a focus on blues and jazz from Berklee College of Music in Boston. Participants must bring their own guitar.

Mon., Jun. 26-Aug. 14, 7:00-8:00 p.m., Munson Library, \$124

**Do you have a special skill you
would like to
teach to others?**

Possible programs:
Adult Visual Arts
Youth Dance Programs
Computer Programs
Foreign Language Programs

If you are interested in teaching a program through Leisure Services please access an application packet online at www.lsse.org, click on **"Teach At LSSE"**

731206 Sorta Dancin' with the Stars

Jacqueline Maidana

Not exactly dancin' with Hollywood stars, but maybe the stars of your life. Learn an introduction to a new dance every other week, starting with Ballroom Waltz and then move on the Fox Trot, Swing, Latin, and the happiest of dances, Polka. All these dances are very popular and for those who are planning a wedding, this will be a big hit. Get the entire wedding party signed up for the wedding of the century!

Thur., Jul. 6-Aug. 10, 4:00-5:00 p.m., Munson Library,
\$69 Single/\$119 Couple

731204 East Coast Swing

Jaqueline Maidana

Learn the Basic Swing foundation for the first half of this class and then move to Triple Step with all its complexity for the final weeks. Swing is a high energy dance, but we start out slow and then pick up the pace. Each week we will review and then learn new moves that build on the previous work. After learning the basics the class will move to more complex steps like the Lindy Turn, Sugar and the Pretzel. This is the real deal so let's go CUT A RUG!!!

Thur., Jul. 6-Aug. 10, 5:00-6:00 p.m., Munson Library,
\$69 Single/\$119 Couple

731270 Beginner/ Intermediate Capoeira

Jahmal Wineglass

Capoeira is an Afro-Brazilian Martial Art, born in Africa and raised in Brazil through slavery. It contains kicks, music, acrobatics and ritual. Students will gain proficiency in the multifaceted art of capoeira, simultaneously improving fitness, experiencing culture, and learning self-defense. Beginning and intermediate students will practice capoeira vocabulary. Classes begin with warm-up exercises and stretches and conclude in a roda (pronounced ho-da), in which students use the movements learned in class to improvise and play the game of capoeira, accompanied by Capoeira music on Brazilian instruments. Students will also gain some exposure to Brazilian Portuguese as the language of capoeira songs. Pay for the class series or buy a class card for 5 classes for \$75.

Session A: Sun., Jun. 18-Jul. 16, 6:30-8:00 p.m., Munson Library,
\$69

Session B: Sun., Jul. 23-Aug. 20, 6:30-8:00 p.m., Munson Library,
\$69

Register Early
Programs that do not reach their
minimum enrollment will be cancelled one
week prior to the start of the program.

Register Early

Programs that do not reach their minimum enrollment will be cancelled one week prior to the start of the program.

731430 Mindful Living Skills

Jessica Murphy

In this class we will explore the basics of mindfulness meditation. Mindfulness is moment-to-moment awareness of what is happening within our minds, bodies, and hearts in the present moment. Learning to live more fully in the present, attentive to our inner experience, we are able to respond to life with greater clarity, steadiness of mind, kindness, and wisdom. Each class will integrate mindfulness practices, instruction, and time for discussion. This class is for everyone who would like to learn to integrate mindfulness into daily life (a CD for home practice is included). Jessica Murphy holds a Master's degree in Social Work from Boston College and has studied and practiced mindfulness for almost 20 years. There is no class on July 20. Will be held at Instructor's Office, 409 Main St. Suite 252, Amherst.

Thur., Jun. 29-Aug. 10, 4:30-6:00 p.m., \$99

731401 Yoga

Nancy Paglia

This class teaches stretching, strengthening, relaxation, and breath awareness exercises to get rid of tension, joint stiffness, backaches, and pain, as well as to increase flexibility, improve your muscle tone, and experience deep relaxation. Please bring a mat or blanket to sit on and wear loose, comfortable clothing. Nancy Paglia received her master's degree in Health Education from Trenton State College and her certification as a yoga instructor from the Kripalu Center for Yoga and Health. She has been teaching yoga for over 25 years.

Thur., Jun. 29-Aug. 17, 9:30-11:00 a.m., Munson Library, \$142

Adult Sports Leagues & Sandlot Programs

645400 C Adult "Sandlot" Baseball

Ages 16+

Do you miss baseball? If so, we have the program for you—afternoons filled with playing catch, taking batting practice, fielding grounders, and playing pick-up baseball games. This is a VERY informal program with a focus on having fun. There will be NO leagues, NO uniforms, and NO tolerance for overly competitive players. You should bring a glove and a WOODEN bat (no aluminum) and we will supply the baseballs. E-mail lssesandlot@gmail.com to be added to the weekly e-mail updates and list of players. All levels of ability are welcome. \$5 daily or \$50 for the season.

Sun., Apr. 16-Oct. 29, 4:00-6:00 p.m., Middle School Baseball Field

645400 A Adult "Sandlot" Volleyball

Ages 16 +

This program is set up for volleyball enthusiasts who just want to show up and play each night, without committing to a more formal league. There will be two courts set up so beginner/intermediate players can play with similarly skilled players on one court and stronger intermediate/advanced players can play against each other on the second court. Please wear non-marking sneakers. No games when school is closed.

Tue., Nov.-Jun. 6, 7:15-9:45 p.m., \$5 daily or \$85 for season pass, Middle School Gym

645400 D Adult "Sandlot" Soccer

Ages 16+. This program is set up for soccer enthusiasts who want to play pickup soccer on fully lined fields with large goals and in a great community. All levels of ability are welcome to play, though basic soccer skills would be helpful and add to your enjoyment of this program. Cleats are recommended but not necessary. Questions? Contact Todd Felton at rtfelton@gmail.com.

Mon., Apr. 17-Oct. 30, 5:30 p.m.-dark, Plum Brook Rec Area, \$5 daily or \$50 for season pass

(413) 259-3065

For weather related
cancellations
Call 259-3066

735300 Summer Ultimate League of Amherst

Are you ready for the Ultimate experience? If the answer is yes, plan on joining us for another exciting summer of Ultimate Frisbee. This fun league is geared for people who want to enjoy the thrill and excitement of Ultimate Frisbee. Never played before? No problem, all levels of ability are welcome to join! All players will be assigned a team. If you have questions regarding women or recreational programs please call Nathan Salwen or Susan Morrello at 413-256-6463 or email salwen.1@gmail.com. Adult Competitive Division will be directed by Robin Stewart DeMartino, robinstewartdemartino@gmail.com. Once registered through LSSE, players must also sign up at www.suladisc.org for team placement.

Session A Adult Recreational (Coed)

Ages 14+

Thurs., Jun. 22-Aug. 10, 6:00 p.m., Plum Brook Rec Area, \$45
Sign up before May 26 and save \$10.

Session B Adult Competitive (Coed)

Ages 15+

Wed., Jun. 21-Aug. 9, 6:00 p.m., Plum Brook Rec Area, \$45

Session C Women Only

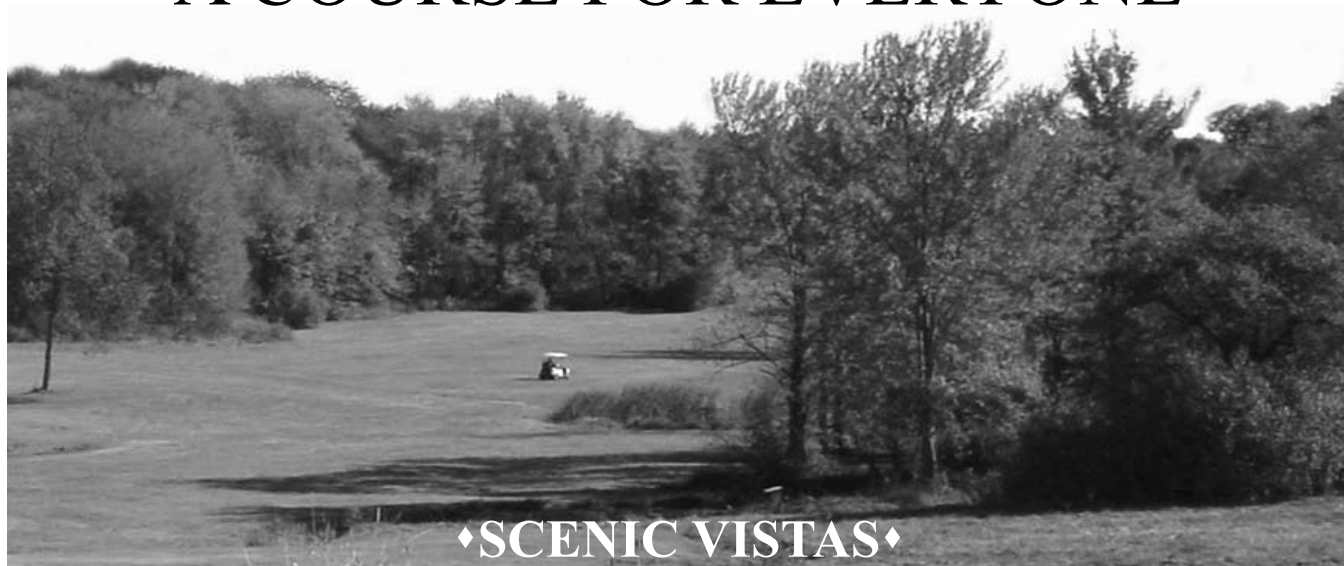
Ages 13+

Mon., Jun. 19-Aug. 7, 6:00 p.m., Plum Brook Rec Area, \$45
Sign up before May 26 and save \$10.



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Couple	\$1103	\$1210
Senior Couple	\$935	\$1029
College Student w/ ID	\$399	
Corporate (call for details 259-3138)		

For Membership Information call 259-3138. After April 1 call 256-4071.



CHERRY HILL GOLF COURSE
Town of Amherst

Leisure Services & Supplement Education Privacy & Security Policies

Amherst Leisure Services and Supplemental Education, LSSE, is a Town of Amherst municipal department and we are committed to providing the highest level of privacy possible for your personal information. This notice serves to explain our information collection and policy on privacy.

Personal Information Online

When ordering tickets or registering for programs or classes, the information you are asked to submit is needed to process your order. LSSE does not retain your credit card information electronically or by any other method.

Personal Information Online, by Phone & by Mail

Customers purchasing tickets and registering for programs and classes are added to our LSSE database automatically and will receive information by mail regarding our programs, classes, events and performances. Customers transacting business with us online will also be added to our email list and may receive emails about our programs, performances and classes. Please note you may opt out of the mail or email list if you contact our registration desk by phone (413) 259-3065 or by email. Once you have opted out of these lists you will permanently be removed from the email list but will be added to the mailing list whenever you purchase tickets or register for a program.

LSSE does not sell, lease or rent its email list to third parties. LSSE is a municipal department within the Town of Amherst. In situations where personal or identifying information is submitted (i.e. email messages or forms), this information will not be released unless required to do so by the Massachusetts Public Record Law. With certain exceptions, emails and letters to Town officials and departments are public documents under State law.

Fee Reduction Program

The LSSE Department and Commission recognize that the charging of fees for programs may place such an economic hardship on some individuals that they are unable to participate. For that reason, LSSE is pleased to announce that all programs are available at a reduced rate to qualified Amherst residents (certain restrictions will apply). Contact the LSSE office to apply. Please allow 1-2 weeks for processing. Application & Information.

Insurance/Liability

Many leisure activities have inherent risks associated with participation. The Amherst Leisure Services and Supplemental Education Department is not able to provide accident or hospitalization insurance for program participants. Therefore, all participants are strongly advised to have adequate personal coverage. Participation in all department programs shall be at the registrant's own risk.

Nonresident Fee

Some LSSE administrative and programmatic costs are covered by Amherst tax dollars. Therefore, those who are not residents of Amherst will be assessed a \$10 surcharge for each program in which they register.

No Smoking Policy

Please be aware that smoking is prohibited in school buildings and on school grounds at all times. Smoking is also prohibited in town buildings.

Photographs of Activities

Occasionally, LSSE will have a photographer take pictures of our programs for use in our "Leisure Times" program guide, website and other media. If you or any member of your family are a participant of a program and DO NOT wish to have your picture used by LSSE, please contact our office at 259-3065 before the end of the program.

Postponements and Cancellations

In instances of bad weather during the day or on weekends, announcements regarding program cancellations will be available after 4:30 p.m. at the LSSE office, 259-3066. If there is insufficient registration or other reasons to prevent an acceptable presentation of an activity, LSSE reserves the right to cancel a program.

Refunds

Ticket purchases are non-refundable. For Programs or class registrations: Full refunds will be made if programs are canceled, filled, or Department changes in offerings prohibit your attendance. You may also receive a refund for most programs if your request is made in writing and received in the LSSE Office at least 5 business days in advance of the start of the activity. You may email your request to lsse@amherstma.gov. These refunds will be subject to a \$10 processing fee. *Please allow at least 21 days to receive a refund.

Inclusion & Accessibility

Requests for special needs accommodations must be made in writing, email, or faxed three weeks prior to the start of a program. Advance notice allows us time to try to find the supports that you may need. We will do our best to successfully accommodate your need. Questions? Contact: Stacey Lecuivre at 259-3191; email: lecuivres@amherstma.gov.

Registration Information

Registration for most programs will begin on May 12. Office hours are Monday-Friday from 8:00 a.m. to 4:30 p.m. Registration is accepted on a first-come, first-serve basis until the maximum number of persons per program is reached. **Complete payment, including nonresident fees where applicable, must accompany each registration.** If the program has filled, we will place your name on our waiting list. Your early registration helps us reach the minimum numbers required to run the class and also ensures your space in a popular class.

Choose 1 of 4 easy ways to register!!

INTERNET:

Register online at www.lsse.org to register 24 hours a day and 7 days a week. Use our online system to check the number enrolled, location and descriptions. We accept VISA, Mastercard, and Discover.

FAX TO:

259-2407. Fax the registration form located on page 35 of this brochure along with your VISA, MasterCard, or Discover account number and expiration date. Upon receipt of your faxed registration form and payment information, you will be enrolled automatically (space permitting).

MAIL TO:

LSSE, 170 Chestnut St., Suite 1, Amherst, MA 01002. Send the registration form located on page 35 of this brochure along with either a check or money order payable to the Town of Amherst, or you may indicate your VISA, MasterCard, or Discover account number and expiration date to be charged. Upon receipt of your mail-in registration form and fee, you will be enrolled automatically (space permitting).

CALL LSSE:

259-3065 with Visa, Mastercard, or Discover and register for most programs over the phone! Office hours are Monday-Friday 8:00 a.m.-4:30 p.m.

Special Discounts Available:

1. 20% discount for qualifying Amherst youth (online registration code: Webb20)
2. 75% fee subsidy for income eligible Amherst residents for all youth programs
3. 60% fee subsidy for income eligible Amherst residents for Prime Time After School Programs
4. LSSE is a State Voucher eligible organization.

Only one discount applies per program.

Contact LSSE at 259-3065 for application information or visit our website at

www.lsse.org



Last Name

LSSE Registration Form

170 Chestnut St. Suite 1, Amherst, MA 01002

Phone (413) 259-3065 Fax (413) 259-2407

www.lsse.org lsse@amherstma.gov

Adult Participant/Guardian (If a child's Program)

Name _____

Street _____

Town _____ State _____ Zip _____

Phone _____ Work _____

Cell _____

Email _____

Secondary Guardian (If a child's Program)

Name _____

Street _____

Town _____ State _____ Zip _____

Phone _____ Work _____

Cell _____

Email _____

Emergency Contact (Other than Guardian)

Name _____

Phone _____

Participant's Full Name: _____ ☐ Male ☐ Female

School: _____ Date of Birth: _____ Grade: _____

Does participant have any special needs/concerns? ☐ yes ☐ no If yes, please ask for our Inclusion Form when registering (also online)

Program #	Session	Title	Fee	Nonresident*	Total
				\$10.00	
				\$10.00	
				\$10.00	

Participant's Full Name: _____ ☐ Male ☐ Female

School:_____ Date of Birth:_____ Grade:_____

Does participant have any special needs/concerns? ☐ yes ☐ no If yes, please ask for our Inclusion Form when registering (also online)

Program #	Session	Title	Fee	Nonresident*	Total
				\$10.00	
				\$10.00	
				\$10.00	

Indemnification Statement: I understand that Amherst Leisure Services and Supplemental Education Department does not provide accident or hospitalization insurance for any program participants. I also understand that all participants are strongly advised to have adequate personal coverage and that participation in all department programs shall be at my own or my child's risk.

Signature: _____

Please accept my tax deductible donation of \$_____ for the _____ program.

PAYMENT:

■ Cash

Check Make payable to TOWN OF AMHERST

☒ Credit Card

 Visa MasterCard Discover

- - - Exp. Date /

*A nonresident is anyone residing outside of Amherst.

(413) 259-3065



170 Chestnut St. Suite 1
Amherst, Ma 01002

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POSTAL CUSTOMER

Summer Programs:

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NUTC
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**Early Adventures &
Adventure Playground
Summer Camps**
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Cherry Hill
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